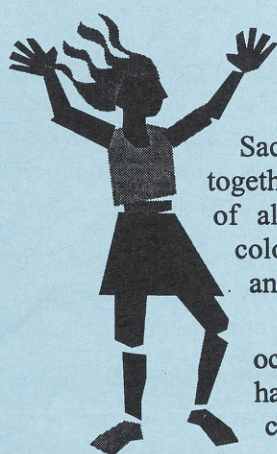


Activities in the Year 2000



Visualize this: a diverse community of

Sacramento lesbians gathering together. Can you picture it? Women of all ages? All sizes, shapes and colors? Tall and not-so-tall. Young and young-at-heart?

We know you've glimpsed it occasionally in the past. It may have been at the Indigo Girls' concert back in '98. Or perhaps it was the night you made it to the

Monarchs' game (and the post-game party in midtown). Or, yes, even a SACWN event like our recent Valentine's Dance.

Are you with me? Are the women's faces clear in your mind's eye? Are you giddy with excitement? Of course you are. And I bet you're also thinking, "I had no idea there were so MANY lesbians in Sacramento!"

Well, this little exercise in visualization is about to pay off. And the fun is going to just keep on coming!

SACWN's got so many events planned this year, that you won't be able to stay in hiding any longer. Take a look at these exciting activities:

- ▼ Spring "Mixer" at Joseph's Town & Country
- ▼ Cinco de Mayo Celebration at Joseph's
- ▼ Spring Social at FACES Nightclub
- ▼ Golf Tourney and Barbecue at Champion Golf
- ▼ Monarch Nite in June
- ▼ Summer Picnic
- ▼ Sacramento Gay Pride Dance
- ▼ Riverboat Cruise

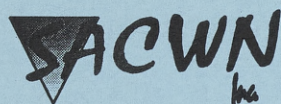
- ▼ Zodiac Dance in July
- ▼ Summer Bash at Veronas
- ▼ Monarch Nite in August
- ▼ 9 Hole Golf Tourney with dinner and dance
- ▼ Train ride and picnic
- ▼ Healing Massage Ocean Camping Trip with dessert potluck
- ▼ Lake Tahoe bus trip
- ▼ Fall "Mixer"
- ▼ Halloween Costume Dance
- ▼ Nationality Potluck with music
- ▼ End of the Year Social
- ▼ New Years Eve Mardi Gras Dance

Whew! The Activities committee doesn't have all of the specifics quite nailed down yet, but they're working on it -- developing timeframes and budgets for each of these events takes a lot of Grrl Power.


Please check future issues of our newsletter for particulars regarding dates, locations, and costs. Also if you have any spare time or energy and would like to help ensure the success of these activities, PLEASE call to volunteer. (More women are ALWAYS welcome!)

And, if you have an activity that you would like to see SACWN produce or if you need assistance in putting an event together, please feel free to contact Anna at SACWN's voice mail (916.451.8034) for any assistance you may need. Just address your messages to Anna, Activities Committee Chair. ▼

More Fun Inside!



**P.O. BOX 340593
SACRAMENTO, CA
95834-0593
☎ (916)451-8034**

 **SACWN@CS.COM**

ACTIVITIES COMMITTEE

Anna, 344-0386

MEMBERSHIP COMMITTEE

Sue, 944-7055

NEWSLETTER COMMITTEE

*Nancy, 452-6007
Tea, 441-7244*

STEERING COMMITTEE

*Sue
Linda
Diana L.
Diana R.
Joyce
Anna
Toni
Lupe
Dawn
Betty
Nancy
Sandy*

Women who want to participate in the operation of SACWN are encouraged to contact any of the above-listed committee coordinators.

The Newsletter Committee is currently in need of writers and proof readers.

THE SACWN MISSION

SACWN's mission is to provide lesbians with social activities in a safe and vibrant environment, a supportive network, and resources to link our diverse community.

There it is, our current mission statement. The statement was selected, discussed, developed and accepted at the General Subscriber Meeting last March. The "mission" was easy to determine. We all want to have fun, to share activities and experiences with lesbians, big groups of lesbians, small groups of lesbians; a crowd of lesbians at a concert, in a park or where ever is a grand, exhilarating experience. Our "mission" seeks to satisfy our need for each other, our need for community. We will use this statement to guide our choices for SACWN.

SACWN NEWSLETTER POLICY

This newsletter is entirely dependent on volunteers. Please remember that we also have full time jobs.

In order to be included in the next newsletter, material must arrive in our mailbox or at our e-mail address by the 11th of May. We encourage submissions (e.g., letters to the editor, news items, photos, etc.). Please type submissions and include your name and phone number for verification. Submissions on diskette (Word97) or by e-mail are especially encouraged.

FREE ADS: This section is for selling things of a personal nature, advertising for a roommate or tracking down a lost love. These ads are FREE to SACWN members who are advertising things of a personal nature (no business advertising).

BUSINESS ADS: Camera-ready ads are \$150 per business card size ad. Ads must be prepaid. Ads are on a 12-month/six issues per year basis. For more info, please contact Joyce at (916)451-3018.

SIG BULLETIN: This is for Special Interest Groups information and event dates.

NOTE: The SACWN newsletter expresses the opinions of the authors, and does not necessarily represent the opinions of the Steering Committee or the general membership. The editor reserves the right to exclude and/or edit the length of letters and articles.

CONFIDENTIALITY: SACWN takes the following precautions to insure the privacy of its members:

1. The mailing list is never sold or lent to anyone – be they other women's groups or inquiring lesbians.
2. The newsletter is always sent 1st class, rather than at the cheaper bulk rate.
3. Each newsletter is addressed to a specific member, not "resident" or "household."
4. Newsletters are not sent to individual men.

Like our new look?

*SACWN's newsletter is YOUR newsletter – so,
please call us, write us, or send us an e-mail and
let us know what YOU want to see!*

A Spring Affair!

Saturday, April 15th
8:00 p.m. to 1:00 a.m.

Come help celebrate Sacramento Area Community
Women's Network 2ND Spring Season

Joseph's Town & Country
Bar and Restaurant
1454 Del Paso Bl. @ Arden

Lots of parking available/security guard on site



Music by DJ
R&B, Oldies,
and House

Full No host bar, game room
And Hors d'oeuvres

Tickets are available at door \$ 5.00
21 and over with valid I.D.

Celebrate Cinco de Mayo!

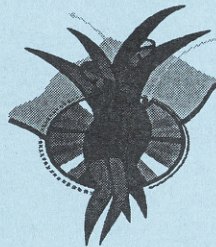
Friday, May 5th

8:00 p.m. to 1:00 a.m.

Joseph's Town & Country
Bar and Restaurant

1454 Del Paso Bl. @ Arden

Lots of parking available/security guard
on site



Music by DJ Monica
R&B, Oldies,
Latin/Salsa and House

Full No host bar, Hors d'oeuvres
and game room

Tickets are available at door \$ 5.00
21 and over with valid I.D.

Spring Social at FACES

May 19th
5 to 8 p.m.



9-Hole Tourney

SACWN Swinging into Spring
Golf Tournament & Barbecue
at Champion Golf Links

May 20th

For more
information call
Linda at
916-456-4859



Events Recap: The Valentine's Day Dance

Oh What A Night!

If you were one of the fortunate women to have attended SACWN's first and by no means last Valentine's Day Dance, you know what I mean by this title. Over 250 beautiful and handsomely dressed women came out on a miserable rain-soaked night to share an evening of dance, romance, food and fun.



The night started early, most arrived before 9:00 p.m.

Many came from a distance.

Sue from Lake Shasta brought friends, Donna, Wendy and Shelly (actually from Anderson and Red Bluff). Beverly and Sharon came from Brownville. Bev

and Ann from Davis. Lisa came from Orville with her date Barbara from Citrus Heights. Sue and Beth came from Lodi. Tammy and Shelly came all the way from Lockford and Trudy from Fairfield. Sue's statement served the evening well, "Yes, It was worth the drive."

Some were newcomers; Karen, Lina and Mary, who said the dance was great. Phoenix expressed how she loved seeing women get a chance to dress up and have fun. Carolyn who said she didn't want to feel sorry for herself sitting home alone, came out and danced all night.

Women who had not been to a SACWN dance for some time were glad to be back. Among them were Willie, Joy and Donna. Good to see you again.

The hall was decorated in hearts and hundreds of floating balloons with long streamers hanging down to dance through. The band, *Roni and The Flight*, was outstanding and played a variety of music to suit everyone. Hardly anyone remained seated when "My Funny Valentine" was played. You could feel romance in the air.

At intermission Diana asked for the couple in the longest relationship to step forward. With a little coaxing Phillis and May rose announcing their 47 years together. They were presented a bouquet of roses and danced around the room while everyone applauded with great enthusiasm, and this author shed a few tears.

The catering was terrific. Delicious food was elegantly displayed. Thank you to "Events By Yoli and Robert" catering service.

Donna S. shared how she heard people commenting on how spectacular the lighting of the stage and dance floor was. We want to give a special thanks to Dion Cook for volunteering his equipment and expertise. Great job!

Last but not least, we want to thank the Activities Committee and the women who came out to help decorate the hall. We as SACWN members give you a much appreciated *Thank You* for donating hours of love and dedication to the production of such an elaborate event.

As the evening came to a close, the dance floor was still full. May and Phillis were still loving every moment of dancing together. We all look forward to SACWN's upcoming events. Hope to see you there! ▼

Coming Next Month:

FREE ADS
for all SACWN members

Sell your stuff! Find a roommate! Locate a lost friend! (No business advertising in this section).
Send us your ad (25 words or less) via e-mail: SACWN@cs.com

Law Offices of
Nan L. Goodart

Nan L. Goodart
Attorney at Law

7230 South Land Park Drive
Suite 121
Sacramento, CA 95831
(916) 422-3000

Estate Planning
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Probate

LESBIAN ADVISORY TASK GROUP on Breast Cancer

The Gold Country Partnership is organizing outreach and education for the lesbian community.

WE ARE SEEKING LESBIAN BREAST HEALTH ADVOCATES to help us plan events, programs, and educational materials to meet the needs of the community.

For more information call:
Regan Overholt
at the Health Education Council
916/556-3346

A Sorrowful Feeling

By Diana Kerwin

One of my neighbors had just put up a *YES on 22* sign right in the middle of their front yard. It gave me a sorrowful feeling: *How could they do that? I can't believe it! What's the matter with them?*

I don't understand how they could live one house away from my partner and myself for almost eleven years and not see the sameness. And I don't understand how they can't understand what they are saying.

All these years of living the "married life" one house away without the same privileges. My former partner and I paying taxes just like them

without the status, keeping the yard up, hollering at cars to slow down for children, clearing out the manhole so our street wouldn't flood, pushing their daughter's car up our driveway cause the street flooded anyway, painting the mailbox when it got graffitied, keeping an eye out for one another, having conversations at the mailbox or the end of the driveway, sharing parts of each other's lives. After all of that, I can't believe the ignorance and lack of understanding.

I battled with myself as to how I should react to this sign-posting. Every time I'd pass the sign I'd grimace and my mind would race again: Should I ask, "Why do you feel you have to post such a sign?" Or, "Don't you think my partner and I are entitled to the

same privileges/rights?" Or, "Is there something you don't understand that I can help you with?" But then I think: what good would it do, really?

I think I know why they felt they had to put that sign out and I don't believe anything I could have said would have mattered to them. Just like I can't believe they could lack an understanding of what's really important to a marriage.

But I think they can't allow themselves to believe that a relationship between members of the same sex is really acceptable. Even though they approve of the character of my partner and I, even though they have been neighborly in the past -- they can not accept that our relationship is as legitimate as their own.

I think it's because I believe that that I can keep myself from being just as ignorant as they are. This means I will still have a little conversation with them and I will still be neighborly.

I'll do this because I expect that eventually they'll get it and there will be no need for *YES on 22* signs. ▼



"Every time I'd pass the sign, I'd grimace and my mind would race again."

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May is Lesbian Romance Month at the Open Book Bookstore!
SPECIAL GUEST SPEAKERS:

Robbie Sommers and Karen Kallmaker
(lesbian fiction writers) will be making appearances at our ever-popular book club/discussion groups.

Call the Open Book for more information:
916.498-1004

or e-mail to: openbook@openbookltd.com



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Special Interest Groups (SIGs) Bulletin

SACWN's SIGs are small, friendly groups of women who get together monthly (if not more often) to share activities of mutual interest. New members are always welcomed, so we encourage you to call the contact person listed to find out what activities are being planned.

RAINBOW CAMPERS

Rainbow Campers, founded by the late Jayne Rountree, is a loose knit group of lesbians who get together and camp at preselected campgrounds each month, April through October. Here is this year's schedule:

April 14-16:

Colma on the American River
Call Mary, 723-5269

Eight sites have been reserved. Mail fee, \$28.00 for each night you plan to stay, to Mary Fowler, 6949 Radiance Circle, Citrus Heights, 95621 by March 13th. Must cancel by April 3rd for a refund. Potluck and Social on Saturday, the 15th. Hope to see you there!!!

May 19-21:

Canyon Creek Resort at Monticello Dam
Call Necole, 530/661-2319

June 9-11:

Casini Ranch, Duncan Mill
Call Gail, Denise & Kathy, 641-8565

July 14-16:

Goose Lakes Area, Quincy/Tahoe Area
Call Karen, 927-7627

August 25-27:

Wrights Beach on the coast
Call Carolyn & Nancy, 961-4722

September 22-24:

Olema on the coast
Call Karen, Joyce & Mary, 927-7627

October 20-22:

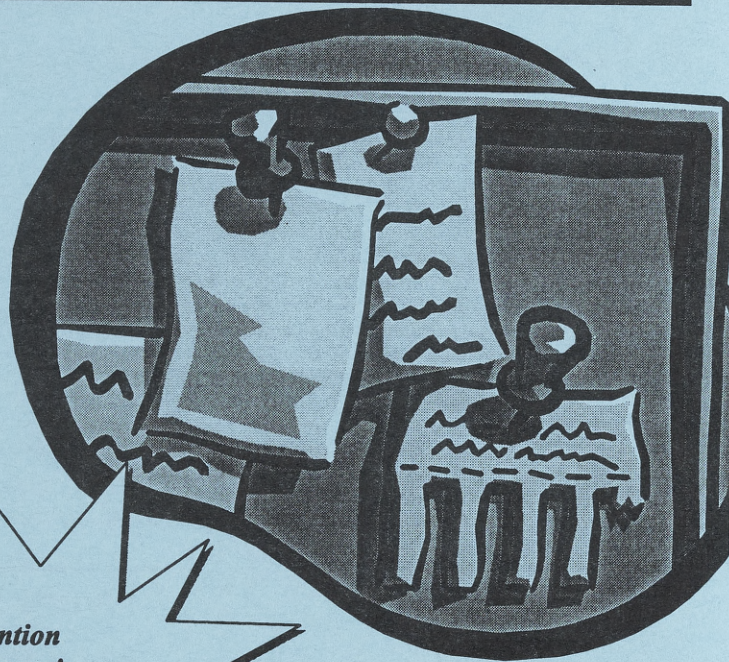
Coloma on the American River
Call Mary, 723-5269

Attention Campers!

You **MUST** make
your reservation for
the June 9th Casini
Ranch event by
April 1!

How to Attend a Trip:

1. Call the Wagoneer for the trip(s) you want to attend. She will make the group reservation up to 60 days in advance of the scheduled camp date, so call her early.
2. The Wagoneer will tell you the site fee and cancellation date. She will request that you send her the fee for the number of nights that you plan to camp.
3. If you decide to cancel your reservation, call the Wagoneer before the cancellation date. Fee refunds cannot be made after the cancellation date.



TOP 10

Top 10 is a group of women over 50 and women who love women over 50. Each month we get together for a meal at a local restaurant or for special at-home potlucks. Please remember to RSVP for all events and call early as seating may be limited. Mary, 395-4147.

April 9th: Dinner at Spaghetti Factory, 5:00PM. 731 Sunrise Ave., Roseville. Call Diana R. at 916-348-1698 to RSVP before April 6th.

May 21st: Potluck at Phillis' -- 2:00PM. Bring your favorite drink. Call Phillis at 916-442-8871 to RSVP and get directions by May 18th.

NEWCOMERS

Are you new to the area or the lifestyle? Want to meet new people? Give me a call and I will do all I can to provide you with information to help you get tuned in to the network of activities available. Diana, 487-3124.

SIGS, Continued

ARTS & ENTERTAINMENT

Friday, April 14th at 6:00 p.m. — planning dinner at The Distillery, 2107 L Street. RSVP by April 12th for dinner.

*After dinner we're going to the Geery Theatre, 22nd & L St. to see Lambda's production of *My Castle's Rockin'*—based on the life of lesbian singer Alberta Hunter. RSVP by April 8th for the play. Dee (916) 443-2377 Thursday, April 20th from 5:30-8:00 p.m. — Latin Jazz performed by Najera & Unger Quartet at Crocker Art Museum, 3rd & P St. RSVP to Dee (916) 443-2377 by April 18th.

*In June we'll be checking out *Lambda's Love! Valour! Compassion!*, Friday, June 23rd. Mark your calendar. Volunteer to be an usher and see the stage play as a thank you. Call Kathy (916) 920-2162.



HALF FAST HIKING GROUP

This is a well-organized, friendly group of serious hikers who know how to have fun. We are in our fourth successful year of day-hiking with hikes scheduled once per month all year long. We walk at a comfortable pace and usually average about five miles round trip on hikes that are rated easy to moderate. Call for a calendar of events and an information sheet. All newcomers receive a warm welcome. Please join us for the time of your life! Kathy: (916) 979-9374.



GARDEN CLUB

The Garden Club has sprouted. We had our 2nd meeting March 26th and came up with many good ideas. We can share information, plantings, check out landscape tours, and much more. We will meet monthly, if interested, call Glenda, (916) 454-0246.



COFFEE GROUP

Come join us for coffee and conversation. Just show up and join the group.

The Coffee Group will meet on Sunday, April 30th, 2:30 p.m. and Sunday, May 21st, 2:30 p.m. at the Open Book, 910 21st St.

If you want more information call Betty at (916) 731-7192.



ROAD CYCLERS

We are beginning a new SIG for bicycle riders (not off-road). If you would like to join us on our next excursion, please call WANDA at (916) 652-4256.



FOOL HOUSE POKER GROUP

Feeling lucky? Then join us for a friendly game of poker the 2nd Friday of every month. Novice players welcome. I guarantee you'll have a good time. For game time and location, call Gretchen, (916) 922-6287 or Mary, (916) 723-5269.



HEALING CIRCLE FOR ALL

Meets once a month on a Friday night. Circle starts at 7:00PM sharp.

Next four gatherings — April 21, May 26, June 23, July 21.

Always call ahead — dates can change. Diana (916) 972-9465

SINGLES MEETING SINGLES

Saturday, April 1st & 8th — Women's Flag Football playoffs

Saturday, April 15th — Meet at dance at Joseph's

Sunday, April 16th — Out on the town for Dinner and Movies

Saturday, May 6th — Club Indigo at Joseph's

Friday, May 5th — Cinco de Mayo, Meet at Joseph's for dance

Saturday, May 21st — Whole Earth Festival

Call Diana for more info (916) 972-9465.

CALENDAR

APRIL

<i>Saturday</i> 1 <hr/> Singles Meeting Singles Flag Football Playoffs	<i>Thursday</i> 6 <hr/> Lesbian Reading Group at Open Book	<i>Saturday</i> 8 <hr/> Singles Meeting Singles Flag Football Playoffs	<i>Sunday</i> 9 <hr/> Top 10 at Spaghetti Factory in Roseville	<i>Tuesday</i> 11 <hr/> Older Women's Coming Out Group	<i>Friday</i> 14 <hr/> A&E Planning Dinner & Lambda Players <hr/> Fool House Poker <hr/> Rainbow Campers in Colma on the American River (thru 16th)
<i>Saturday</i> 15 <hr/> SACWN's SPRING Affair at Joseph's <hr/> Gay & Lesbian Sierra Club Hike at Pt. Reyes	<i>Tuesday</i> 18 <hr/> Gay & Lesbian Sierra Club Gov- Com Mtg.	<i>Thursday</i> 20 <hr/> A&E's Jazz at Crocker Art Museum <hr/> Lesbian Reading Group at Open Book	<i>Friday</i> 21 <hr/> Healing Circle	<i>Saturday</i> 29 <hr/> Fiesta de Las Lesbianas Dance in Modesto <hr/> Gay & Lesbian Sierra Club Mt. Bike Trip	<i>Sunday</i> 30 <hr/> Coffee Group at Open Book

MAY

<i>Thursday</i> 4 <hr/> Lesbian Reading Group at Open Book	<i>Friday</i> 5 <hr/> CINCO de MAYO Mixer at Joseph's	<i>Saturday</i> 6 <hr/> Singles Meeting Singles at Joseph's	<i>Friday</i> 12 <hr/> Fool House Poker	<i>Sunday</i> 14 <hr/> Mother's Day	<i>Monday</i> 15 <hr/> Newsletter Deadline
<i>Thursday</i> 18 <hr/> Lesbian Reading Group at Open Book	<i>Friday</i> 19 <hr/> Rainbow Campers in Canyon Creek Resort - Monticello Dam (thru 21st) <hr/> SACWN Spring Social at FACES	<i>Saturday</i> 20 <hr/> SACWN Golf Tournament & Barbecue	<i>Sunday</i> 21 <hr/> Top 10 Potluck <hr/> Singles Meeting Singles at Whole Earth Festival <hr/> Coffee Group at Open Book	<i>Friday</i> 26 <hr/> Healing Circle	<i>Monday</i> 29 <hr/> Memorial Day

Other Sacramento Area Events

The following non-SACWN groups are hosting special events during April and May that may be of interest to our membership. Our calendar page also lists these events.

HOPLAND WOMEN'S FESTIVAL

Full Moon Ranch, Hopland, CA
June 2nd to 4th

Featuring: Blues, Folk, Rock, Country, Comedy, Workshops, Arts & Crafts, Drumming Circle...and catered meals!

Camping on Women-Owned Land
A woman only event

For information call (707) 523-9593 or Email: Hopland@aol.com

FIESTA DE LAS LESBIANAS DANCE

presented by
Bay Area Señorita's de la Central Valley

Saturday, April 29, 8 pm to Midnight

American Legion Hall
1001 S. Santa Cruz, Modesto

Non-member tickets:

\$12 in advance

\$18 at the door

For information or tickets call:
Señorita Robbie, (209) 523-0622

For women 18 years and older

SASS (SACRAMENTO SINGLE-TRACK SCORCHERS)

Sacramento Area's first all Women's Mountain Bicycling Club welcomes riders of all skill levels to share the experience of biking the many offroad mountain trails near the Valley.

<http://www.mother.com/~kson/sass.htm>

GAY & LESBIAN SIERRANS

GLS is a friendly, relaxed group of lesbians and gay men who enjoy

outdoor adventures and camaraderie. Established in May 1996, they offer a variety of outdoor activities. The following are just a few of their activities for March and April:

PT. REYES DAY HIKE - ARCH ROCK AND BEYOND, April 15

This was going to be a backpack trip, but could not get the campground reservation. Instead, we'll hike down the Bear Valley Trail to the coast, and those who feel adventurous should bring wading shoes to take advantage of the minus tide level and explore a secret beach and large sea cave. 9 miles total. Call Ray 916-421-6209 to sign up and get details.

GOV-COM MEETING

TUESDAY, APRIL 18 - 6:30PM
Come help the G&L Sierran Governing Committee make plans their GLS section. Your help and input is greatly appreciated. Call Ray 916-421-6209 for info.

<http://www.motherlode.sierraclub.org/gls>

MOUNTAIN BIKING - OLMSTEAD LOOP AT COOL SATURDAY, APRIL 29

A GLS favorite, the Olmstead Loop, in the foothills south of Auburn, is a terrific 10 mile loop ride, with a little of everything... green hills, oak forests, stream crossings, wildflowers, views of the valley, fresh air! There are ups and downs and tricky spots, but okay for novice riders who know how to shift gears. We'll do an additional short ride in the area if there's interest. Call Ray (916)421-6209 to sign up and get details.

OLDER WOMEN'S COMING OUT SUPPORT GROUP

Attracted to a woman for the first time in your life? Have you been in a traditional marriage but are questioning your sexuality? Are you over 30 and wondering if you want to explore being with a woman? Questioning whether the attraction means you are lesbian or bisexual? Looking for a safe place to explore the answers? You are not alone. Join a 6-week support group beginning Tuesday April 11th; lead by Julie Kuebelbeck, a licensed spiritual counselor and professionally trained support group facilitator. Julie came out over 5 years ago after a long-term traditional marriage. She was the Woman's Program Coordinator at SASG, a non-profit gay and lesbian support group organization in Seattle, Washington. For more information regarding this support group, call Kathleen (916)444-9430.

LESBIAN READING GROUP

Meets every other Thursday night at the Open Book Bookstore. Participants receive 15% off the cover price of the club selection (Upcoming: *Beyond the Pale* by Elana Dykewomon). Also, every Wednesday night is Women Authors/Women's Issues Discussion Night at 7 p.m. For more information, call Gayle at (916)498-1004.

E-mail your group's activities to the newsletter: sacwn@cs.com

REPORTING BIAS CRIME

What is a Bias Motivated Crime?

Bias Motivated Crimes are any criminal acts or attempted criminal acts that cause physical injury, emotional suffering, or property damage where there is reasonable cause to believe the crime was motivated in whole or in part by the victim's race, ethnicity, religion, sexual orientation, physical or mental disability and/or gender.

Victims of Bias Crimes

Bias Crimes which occur in the city should be immediately reported to the Sacramento Police Department; those occurring in the county should be reported to the Sacramento Sheriff's Department.

POLICE: 264-5471; SHERIFF: 440-5115

If you have information regarding a bias related incident and wish to remain anonymous, call the Bias Crimes Hotline at: **454-BIAS**. The telephone is answered Monday through Friday between 7:30 a.m. and 5:00 p.m. At all other times you will be greeted by a voice message. When reporting, please provide the following information:

- ▼ Date, time, and location of occurrence
- ▼ Name, address and phone number of the victim(s) and witness(es).
- ▼ Suspect(s) description.
- ▼ Vehicle(s) description.
- ▼ Specific details of the incident.

If you would like to be contacted by a detective, dial **454-BIAS** and leave your name and telephone number. If you witnessed a bias crime, call Crime Alert at **443-HELP** or **1-800-AA-Crime**. You may remain anonymous and receive a cash reward up to \$1000 if an arrest is made.

ROSEMARY METRAILER DOES SMALL BUSINESS

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GET THE FACTS

Are Lesbians at risk for breast cancer?

All women are at risk for breast cancer. The older you are, the greater your chance of getting it. Women who have a mother, sister or daughter with breast cancer are at a higher risk particularly if the relative's cancer occurred before menopause or in both breasts. In addition, any woman who has had breast cancer is also at greater risk for developing a second breast cancer.

Based on our current knowledge of genetics, only 5-10% of breast cancers are related to heredity. The majority of the women diagnosed with breast cancer have no known risk factors.

Some factors that may slightly increase risk include: not ever having children or having your first child after age 30, heavy alcohol use, early onset of menstruation (before age 12), or late onset of menopause (after age 55).

Are you at higher risk?

Your chances of developing breast cancer depend on your individual history, not on your sexual orientation. Some lesbians or women who partner with women may be less likely to have children or be more likely to drink alcohol. These factors may play a small role in overall risk.

The main concern for lesbians is lack of cancer screening and treatment. Lesbians and women who partner with women may delay care because of insufficient finances, lack of insurance, past negative experiences in the health care setting, or failure to see themselves at risk for breast cancer. This can cause a delay in diagnosis and treatment, which in turn can lower the chances of survival. Lesbians and women who partner with women are encouraged to seek a lesbian-sensitive provider.

Early detection is your best protection

Early detection is a woman's best opportunity for surviving breast cancer. The screening guidelines recommended by the Susan G. Komen Breast Cancer Foundation are as follows:

- ▼ Annual screening mammography for women beginning at age 40.
- ▼ Women under age 40 with either a family history of breast cancer or other concerns about their personal risk should consult with a trained medical professional about when to begin mammography
- ▼ Clinical breast examinations at least every 3 years beginning at age 20 and annually after 40.
- ▼ Monthly breast self-examination beginning by age 20.
- ▼ Become familiar with the normal look and feel of your breasts. If ANY change occurs, you should have a clinical breast examination by a trained medical professional.

For more information on breast health or breast cancer contact:

The Susan G. Komen Breast Cancer Foundation
1.800 I'M AWARE 1.800.462.9273
American Cancer Society
1.800.ACS.2345 1.800.227.2345

Subscription/Membership Application

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

☐ NEW☐ RENEWING

CATEGORIES RATES

Regular \$24.00

Sustaining \$48.00

Limited Income \$12.00

Rates are per household, per year and will be prorated based on the month in which you subscribe. The subscription year is February through January.

Waiver: I am aware that certain risks or injuries could occur arising from my participation in SACWN, Inc. events and/or special interest groups. In consideration of the right to participate in such events, some of which may involve strenuous activity (i.e., hiking, golfing, skiing, cycling, etc.), I hereby assume all risks and will hold SACWN, Inc. and its members harmless from all liability which may arise in connection with these activities.

Signature _____ Date: _____

Signature _____ Date: _____

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PO BOX 340593

SACRAMENTO, CA 95834-0593

Volunteer Form

Can you volunteer? We need help in the following areas:

NEWSLETTER

- ☐ Writers
☐ Proofreaders

COMMUNICATIONS

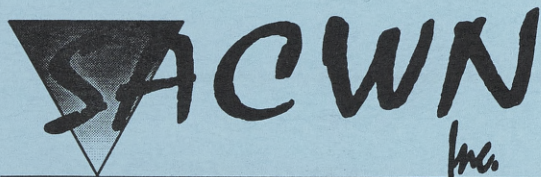
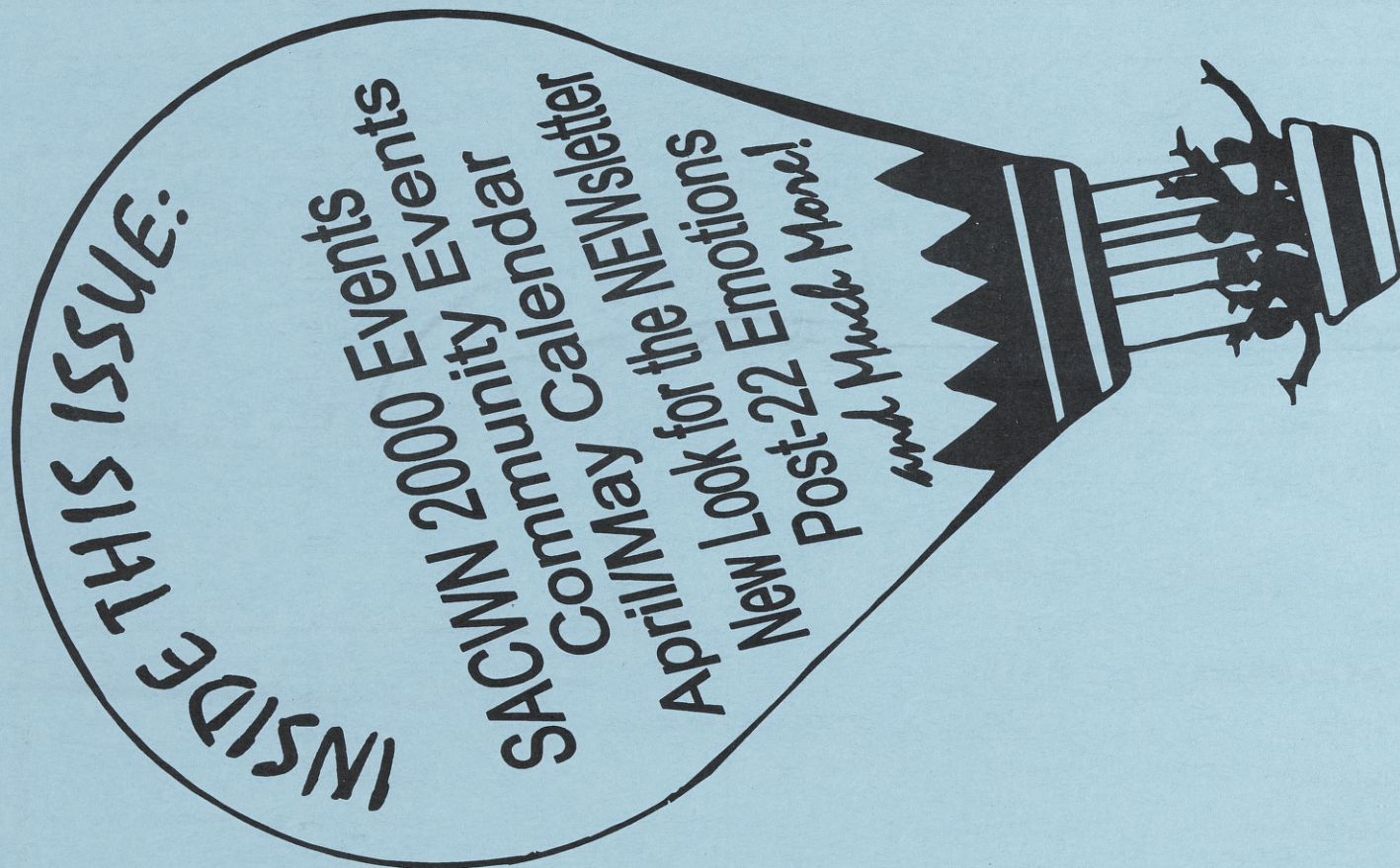
- ☐ Telephone
☐ Mailings
☐ Database

ACTIVITIES

- ☐ Dance Organizers
☐ Assistants
☐ Planners

Comments, Suggestions, Viewpoint

Want to contact us but don't want to write? SACWN has voice mail and e-mail! Call us at (916)451-8034. Leave a message and we will respond as soon as possible. Or you can send us e-mail at: SACWN@cs.com.



SACRAMENTO AREA COMMUNITY
WOMEN'S NETWORK
PO BOX 340593
SACRAMENTO, CA 95834-0593

ADDRESS CORRECTION REQUESTED